While rhubarb stalks are good to eat, rhubarb leaves are toxic! Make sure to strip off the leaves before storing or eating rhubarb.

Rhubarb is a perennial plant, which means it grows back year after year.

There are two main varieties of rhubarb: hothouse-grown which has pink or red stalks and field-grown which has dark red stalks. Rhubarb stalks can also be green.

Nutrients found in rhubarb:
~ Rhubarb is a good source of vitamin C, which helps with immune support and healing.
~ Rhubarb is a good source of potassium and calcium which help bones stay strong.
~ Rhubarb contains fiber, which can help with digestion and protect against heart disease.

Botanically, rhubarb is a vegetable, but it is most often used like a fruit in pies and sauces.